

INSIDE

BERNAL JOURNAL

1984 September/October

STREET FESTIVAL — Y'ALL COME!

Get ready for a real good time out on the streets at the 5th Annual Bernal Heights Cultural & Art Street Festival on Cortland Avenue Saturday, September 29.

Lots of things will be happening ... break dancing contest, food, crafts, low rider autos, flea market and community information booths and much more! Live music will include Dream Streak, Cesar's Latin All Stars, Harvey, and Eclipse.

Spread the word to musicians, crafts people, break dancers, community groups, your neighbors and relatives ... volunteers needed for security, setting-up booths and stage and much more! Get involved now!

For more information about booth space (non-profit and service groups are invited to apply), entertainment or volunteering, call Roberto at 648-0330 or Gloria at 647-4225. Cortland Avenue will be closed from Andover to Gates, 9 a.m. - 6 p.m.



OPEN HOUSE

POLITICKING NEIGHBORS

ANIMAL TORTURE PROTEST

Esta lista para divertirse en las calles de su barrio? Asista a la Quinta Feria de Bernal Heights. Exhibicion de arte y cultura en la avenida Cortland. Cuando? Sabado, 29 de septiembre. Concurso de break dancing, comidas de diferentes culturas, artes, exhibicion de "low-rider," informacion de servicios comunitarios, y mucho, mucho mas!!!!

Baile, coma, informese, compre y sobre todo, diviertase en la feria de su barrio. Musica por las bandas Dream Streak, Cesar's All Stars, Harvey, Eclipse.

SE NECESITAN VOLUNTARIOS --
Coopere y llame para mas informacion al 648-0330 o 647-4255. Cortland estara cerrada de Andover a Gates, 9 a.m. - 6 p.m.

Police Harassment Community Issue

August 29 was an important date in that over 100 Bernal Heights residents came together to address the issue of police harassment of neighborhood youth. It was important because most of the people present, youth, parents and concerned citizens, expressed their anger and frustration at the police for an incident that occurred late Saturday night on August 25th. The feelings expressed represented an accumulation of frustration over similar issues of police harassment of Third World youth and adults in the Bernal Heights community.

The incident that brought people together began late Saturday night (August 25) when about 20 youth returned from a break dancing competition at California Hall. The break dancing event was part of an overall campaign by the Bernal Heights Neighborhood Center to involve youth in creative activities for the summer. They were accompanied by several adults.

While all were in the vicinity of the Bernal Heights playground, three police cars quickly approached with their lights on and several police left their vehicles. The adults that were in the vicinity did not move upon seeing the police since they were aware that they were doing nothing wrong. The youth, afraid upon seeing the police approach, ran into the park. Several policemen followed the youth into the park where youth reported that

one of the policemen proceeded to hit them with his billy club. Two youth suffered some injuries.

After an hour-long meeting with the community members and the youth, the group met with representatives from the Ingleside Police District. The lieutenant who represented the district said, "I had just returned from a vacation in Arizona where it was very hot, only to return here and get some more heat." Heat is what he got as residents, mostly black, shared their frustration at the unaccountability of the police.

Those present made up a list of demands that included better communication between the police and the community, removal of an officer who has physically harassed youth and adults on several occasions, and the opportunity to quickly identify the person responsible for the assault on Saturday night. The families have filed complaints with the Office of Civilian Complaints and intend to follow that process through until its completion.

The feeling in the room was one of frustration that the representatives of the Ingleside police district would not adequately deal with the issue of police harassment. The overall positive impact of the meeting was that over 100 people came together to say the Third World people will not continue to tolerate further harassment from the police. They will organize, come together and continue to pressure

the police to respond to their demands for justice and respect. As one woman eloquently stated, "This isn't supposed to be the Ku Klux Klan, and it isn't Mississippi. This stuff has got to stop."

Residents will continue to deal with the channels set up by the city in an attempt to work together for better police and community relations. If you are interested in working on this issue with other Bernal Heights residents, please let us know by writing or calling the Bernal Heights Neighborhood Center at 515 Cortland Ave., 643-0330.

Run for Liberty

San Francisco Mayor Dianne Feinstein named October 13 as Stroh's Run for Liberty Day. More than 400,000 runners across the United States will participate in the largest single-day running event ever held.

Proceeds from the entry fee will be used in the Statue of Liberty-Ellis Island renovation project.

Concern for the condition of the statue was first raised in 1982 when an examination revealed serious corrosion of the structure.

The San Francisco run, one of 122 to be held around the country that day, will take place in Golden Gate Park at the Polo Field. Starting time is 9 a.m.

3% Rehab Loans

The Bernal Heights Community Foundation continues to have available 3% housing Rehabilitation Loans. The program offers qualified low-income single family homeowners as much as \$20,000 to correct serious Housing and Health and Safety code violations.

People interested in receiving more information are invited to call the Bernal Heights Community Foundation, 647-4255. Please ask for Gloria Ronas or Michael Reed Monday thru Friday, 9 am-5pm, or drop by the office located at 399 Cortland Avenue.

PRESTAMOS PARA REPARAR SU CASA AL 3% DE INTERES

Bernal Heights Community Foundation tiene disponible prestamos para reparar su casa. El programa ofrece la oportunidad a personas de bajo recurso economico, un solo propietario con ingreso hasta \$20,000. Estos prestamos son para corregir problemas y violaciones al codigo de construccion, salud y seguridad (Housing and Health and safety code violations).

Interesados, por favor llamar a BHCF 647-4255 y preguntan por Michael Reed. Lunes-viernes, 9 - 5, 399 Cortland Avenue.

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Parking Ticket Amnesty Program

San Francisco Supervisor John L. Molinari announced yesterday that parking ticket penalties, but not the original fines, will be forgiven starting Sept. 1, provided that those who have received parking tickets act before Friday, Sept. 30.

During the month of September, anyone with an outstanding parking ticket may write to the amnesty program requesting a list of delinquent fines charged to their vehicle. The penalty fees will be forgiven if the original fines are paid in full within thirty days of notification.

(Be sure to PRINT your name, address, vehicle license number(s), state of registration, make of vehicle and model year. Your request must be postmarked no later than September 30, 1984 to be eligible for the amnesty program.)

Parking amnesty request coupons may also be picked up at all police stations, public libraries, the San Francisco Department of Motor Vehicles (DMV) office at 1377 Fell Street, and either the Visitor's Information Desk or Room 235 in City Hall.



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School District

The strike that threatened to disrupt the beginning of the 1984-85 school year for the 62,000 students of the San Francisco Unified School District was averted when the San Francisco Classroom Teachers Association and the San Francisco Board of Education reached a tentative agreement in their contract negotiations. The proposed settlement provides for a 6% salary increase.

Other elements of the agreement allow for professional development activities--including the full implementation of the California State Mentor Teachers Program--and expanded roles for teachers in collaborative decision-making regarding a variety of instructional issues, a lengthened instructional day, and three additional days in order to conform with objectives set forth in the recent educational reform legislation--SB 813.

Board of Education President Benjamin Tom stated, "I am absolutely delighted that our actions will insure a smooth opening of the 1984-85 school year. I want to compliment representatives of both sides for their untiring efforts to successfully resolve this matter. And, I want to assure both the teachers and citizens of San Francisco that the members of the Board of Education will take whatever steps are necessary to fulfill the District's fiscal commitment under this settlement."

President Tom noted that the Board of Education plans to utilize increased revenues from the lease of District properties to support this agreement. He further emphasized that he "was optimistic that the Board will be able to meet its new contractual obligations without jeopardizing any of the program improvements included in its recently adopted budget."

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MANY REASONS TO RECYCLE

Bernal Recycling Center was started in 1979 by a Bernal block club, with the help of a Bicentennial grant. Originally, the center was open only on Saturdays and was run by VISTA workers and local volunteers. Nowadays, Bernal Recycling Center (BRC) is open MON/WED/FRI 9 a.m. to 12 noon, SAT 9 a.m. to 2 p.m. and now SUN 10 a.m. to 3 p.m.

Why recycle? One good reason is to reduce your garbage (and your garbage bills). A lot of space in those cans is taken up by stuff that can be used again. Find an unobtrusive spot and collect glass jars, unwaxed corrugated cardboard, newspapers (no magazines) and aluminum cans.

When you donate them to BRC, then visit the Farmers Market across the parking lot. The market has wonderful produce -- a variety of summer fruits and vegetables that are cheap and fresh ... come after 11 a.m. and beat the traffic.

Interested in hard cash? Come down on a weekday morning and we will buy aluminum cans (25 cents/lb. - minimum 5 lbs.) and glass (1 cent/lb. - 100 lb. minimum).

A lot of your throw-aways are non-renewable resources of this planet. Certain metals, for

One ought, every day at least, to hear a little song, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words.

Johann Wolfgang von Goethe

example, are used once and thrown away, and once they enter the solid waste stream they end up as land fill where they are impossible to recover. And all you couch potatoes just imagine the energy saved from recycling one aluminum can could power your T.V. for three hours.

More than smashing glass is going on at Bernal Recycling Center. They are starting a recycling resource library down at the site, and putting together a mobile exhibit on recycling. They are also working on a project to re-route scraps of paper back to the public schools. Alternative energy freaks are invited to help design and build solar panels so they can have some electricity in the site office.

BRC wants to get people involved on all levels of this collective, so your contribution can be pretty much whatever you have to offer in terms of time, energy, ideas. Commitment can range from joining the board which meets monthly to dropping off the odd bunch of bottles when you're in the area.

Location: Rear of Farmers Market parking lot, 100 Alemany Blvd., near Crescent. Like the poster says: "IT'S YOUR PLANET...DON'T THROW IT AWAY."

New Faces at Community Foundation

Bertha Ontiveros Amaro, Executive Director. Ms. Amaro has extensive experience in Community Economic Development as a Staff Planner/Attorney at the National Economic Development and Law Center and as an independent consultant. In the area of housing, Ms. Amaro has experience in housing co-ops, Department of Real Estate regulation, CDBG compliance, construction law and tax and securities aspects of housing development.

Bertha Ontiveros Amaro



Gloria Ronas, Rehab Assistant. Ms. Ronas has worked as the Rehab Assistant since May, 1984. She is experienced in the day to day processing of rehab loans and interfacing with community residents, contractors, and other agencies in carrying out the CHRP and HILP loan programs. Ms. Ronas was previously the secretary/receptionist for BHCF.

Michael Reed, Housing Director.

Mr. Reed has been involved in preparation and planning of CDBG and other HUD projects through his diverse city planning experience as community planner, planning director and private consultant. Most recently, he coordinated the development of a 50-acre residential area, drafted a redevelopment plan and prepared the environmental impact report for an East Bay community. He also worked for the San Francisco Foundation as the Planning Director in preparing a development plan for "The San Francisco Bay Museum," to be located on a 50,000-square-foot Fort Mason pier.

Michael Reed



Gloria Ronas



Micky Duxbury

Micky Duxbury is the new community organizer for the Bernal Heights Community Foundation. She has been involved in different organizing efforts during her 14 years in S.F. From the anti-war movement in the early '70s she became involved in the anti-psychiatry movement and the women's movement. For the past six years she has been working with the New Movement in Solidarity with Puerto Rican Independence.

She will be finishing her Master's program in psychology soon and continue work in mental health. "I am very glad to be able to work for the Foundation. It isn't often that one can get paid for doing something that one actually believes in."

BERNAL JOURNAL

The Bernal Journal is produced every two months by a group of volunteers, with the support of community business. Our circulation for this issue is 5000. Our mailing address is 515 Cortland Avenue, SF 94110.

DEADLINES:

Please ask for assignment or send notice of planned articles for next issue by Oct. 10. Ads, photos and stories due by Oct. 20.

EDITOR: Lurilla Harris

ADVERTISING: Lisa Steadman

TREASURER: Carlos Alcala

TRADUCCION: Araceli Matus

PRINTING: Garrett Press



Volunteers who worked on this issue: Craig Doran, Micky Duxbury, Joy Gamble, Georgiana Hernandez, Michael Reed

ADVERTISERS

Basic ad rate for display advertising is \$10 per column inch. Business card rate is \$20. Discounts are available to regular advertisers and for large ads (8 column inches or more.)

HELP!

You can help improve the quality of life in Bernal Heights by working a few hours each month on the Bernal Journal.

Writers, distributors, artists and photographers are needed to support this paper. The paper in turn, has the goal of supporting and recognizing the work being done in our community.

If you can help, leave a message at 648-0330.

Usted puede ayudarnos en muchas maneras. Lo mas importante es que necesitamos gente para escribir artículos sobre Bernal Heights, en español..

Tambien necesitamos personas que pueden tomar los papeles de fotógrafo, artista, o distribuidor.

Si usted quiere ayudarnos de cualquier manera, llame al 648-0330.

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High school dropouts are more likely to die following a heart attack than their better-educated counterparts, a study in the New England Journal of Medicine says. Men with higher levels of stress and social isolation are four times as likely to die after an attack, a study of over 2000 heart attack victims showed. It found that men who dropped out of high school tended to have higher levels of both factors.

Candidates night Oct. 4

The Librarians' Alliance and the Librarians' Guild sponsor a Candidates' Night Thursday, October 4 in the Lurie Room, 7 to 8 p.m. Candidates running for the city Board of Supervisors will be quizzed on issues relating to public library service. Questions from the floor will be encouraged, and discussions are sure to be lively, organizer Carl Vogel says.

South of Army

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Our Politicking Neighbors

Dr. Julianne Malveaux, a Bernal resident who lives on Winfield, is running for the Board of Supervisors in the Nov. 6 election. Gloria La Riva, a Mission resident, is aiming even higher -- she's running for vice-president of the United States.

Dr. Malveaux is a native San Franciscan. She attended Lowell High School, did her undergraduate work at Boston College and received her doctorate in economics from the Massachusetts Institute of Technology in 1980. Dr. Malveaux has taught at several universities, was previously employed at the Council of Economic Advisors (1977-78) and the Rockefeller Foundation (1978-80).

Currently, Dr. Malveaux is an economist and writer on the faculty at San Francisco State University. She is an activist who worked in the Proposition M campaign (the San Francisco Planning Initiative, 1983) and is on the Board of Directors of the Democratic Women's Forum, San Francisco Tomorrow, South of Market Development Corporation, and is an active member of the Bay Area Coalition of Conscience.



Julianne
Malveaux

Gloria La Riva is a 30-year-old Chicana activist. Born in Albuquerque, NM, she now works here as a printer and is an active trade unionist in Bay Area Typographical Union (ITU), Local 21.

In the past 12 years, La Riva has been an organizer of many struggles, especially against racism and the U.S. war drive.

In 1983, she ran for mayor of San Francisco and received 5.4% of the vote, a significant percentage for a first-time candidate running a socialist campaign. La Riva came in second in the Latino, Black, working class, and lesbian-gay areas of the Mission, Fillmore, Castro, Haight, and Potrero Hill.

La Riva raised demands important to the working class, the poor, those suffering special oppression -- like lesbians and gay men and the homeless. She opposed the U.S. invasion of Grenada and the U.S. wars in Lebanon and Central America.

The Nov. 5, 1983 S.F. Chronicle reported that the La Riva campaign got out "more posters and leaflets than the other candidates combined." La Riva ran a bilingual campaign reaching the large Latino population, and also had literature in Chinese. She is running as a World Workers Party candidate.

Gloria La Riva

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BALMY ALLEY MURALS

With visions of beauty and peace, PLACA has created a mural environment in Balmy Alley, located between 24th and 25th Streets, half a block west of Harrison Street (and in the adjacent park at 25th and Harrison Sts.) in the heart of San Francisco's Latino community. PLACA is community artists, inspired by a wish to see Central America achieve self-determined democracy without military interference from the United States.

The Balmy Alley Project is a collection of 26 colorful murals, 20 of which have been painted in the last six months, specifically for this project. Each mural is a vivid expression of how they feel about the distress in El Salvador, Honduras, Guatemala, and Nicaragua; a pictorial portrayal of the living, working, playing, fighting and dying of the people in those countries.

PLACA is comprised of professionals and beginners, graphic artists and fine artists, all painting on walls, fences, and garage doors donated by the residents of Balmy Alley. Financial support from the Zellerbach Family Fund has provided paints, a neighbor has shared her studio for storage of supplies, and they've received priceless personal support from neighbors who live with the murals.

"Sexual Assault -- What You Can Do About It" is the title of a program for parents and children, through the S.F. Public Library. It is sponsored by the S.F. Commission on the Status of Women. If you missed the programs at the Excelsior and Mission branches, the next exhibit and lecture is Thursday, October 25, 7-8:30 p.m. at Sunset Branch, 1305 18th Avenue.



ASALTO SEXUAL -- COMO PUEDE DEFENDERSE?

Este es el nombre del programa para padres y hijos a traves de la Biblioteca Publica de San Francisco. Este programa esta patrocinado por la Comision de San Francisco para la Proteccion de la Mujer (S.F. Commission on the Status of Women). La proxima exibicion y lectura sera el jueves, 25 de octubre, 7-8 p.m. en el Sunset Branch, 1305 Avenida 18.



Animal Torture Protest

The Letterman Coalition plans a demonstration to protest the injustices of hundreds of animals suffering and dying in the process of preparing human beings for World War III.

Hidden from the tax-paying public, animals are irradiated, blinded by lasers, bled to death, paralyzed, shocked, and killed by biological and chemical weapons and ballistic wound experiments.

Among the military "research" institutes at the forefront of weapons and chemical testing is the Letterman Army Institute of Research (LAIR) at the Presidio in San Francisco.

Behind its windowless brick walls at the northwest end of the building, animals of every description are forced to live out their lives in a shroud of isolation, confinement, suffering and impending death, for as one Letterman researcher said: "No animal leaves Letterman alive."

Demonstrators plan to meet at Fort Mason, Saturday, Oct. 13 at 1 p.m. with signs and candles, march to Letterman at 2; demonstrate at 3 and begin a candlelight vigil at 5 p.m.

Letterman Coalition members



include: Action for Animals, Animal Legal Defense Fund/Attorneys for Animal Rights, Animal Rights Action Group, Animal Rights Correction, Buddhists Concerned for Animals, Californians for Responsible Research, Fund for Animals, Mobilization for Animals and People for the Ethical Treatment of Animals.

For information: (415) 655-4837 or (415) 474-4020.



DEMOSTRACION DE PROTESTA CONTRA LA TORTURA MILITAR DE ANIMALES.

The Letterman Coalition ha organizado una demostracion para protestar la injusticia cometida contra cienes de animales que sufren y mueren para ayudar a preparar a la raza humana para la Tercera Guerra Mundial. Amparados por nuestros impuestos, animales son radiados, paralizados, traumatizados y muertos por armas biologicas y quimicas y experimentos para heridas de balas.

Participantes en la demostracion deben encontrarse en Fort Mason, sabado, 13 de octubre a la 1 p.m. con letreros y candelas. Asista y ayude a parar el abuso contra los animales. Para informacion: 655-4837 o 474-4020.

BHCF YOU CAN HELP

The Bernal Heights Community Foundation (BHCF) is a community-based organization whose purpose is to empower low and moderate income people in the effort of preserving the ethnic, cultural and economic diversity of Bernal Heights. The Foundation has assisted residents in creating and preserving affordable housing in the Bernal Heights Neighborhood. Through the Neighborhood Center it has provided much needed youth, senior and community programs.

The housing services of the BHCF are now in jeopardy. The Mayor recommended a 50% cut in funding! This means that the Foundation may be forced to close its doors. Our community needs to preserve its affordable housing and create new affordable units. YOUR support is needed in order to preserve and develop housing and expand our programs for the benefit of the entire Bernal Heights community.

We are requesting that you call the following Supervisors during the weeks of September 24-October 20 and demand that the full budget of \$147,588.00 be reinstated and state that you support the work of the Community Foundation in its attempts to correct problems from the past. In order to move forward, we must have continued full funding. Please call Supervisors Renne: 558-5015; Kopp 558-2338; Kennedy: 558-2734; Silver: 558-2254 and Molinari: 558-2164.

YOUR SUPPORT IS NEEDED IN ORDER TO MEET THE NEEDS OF YOUR COMMUNITY.

Dentists and AIDS

The chairman of oral medicine at the University of California in San Francisco Monday advised dentists to use "barrier" techniques when treating suspected or known AIDS patients.

Professor Sol Silverman said dentists should wash their hands; use gloves when touching blood and excretion products; wear safety eye glasses, masks and gloves; and sterilize or discard their instruments.

Local Sources for Recycling

For information on where to recycle in San Francisco, call Richmond Environmental Action, 387-3044, or San Francisco Community Recyclers, 285-0669, or write for the "San Francisco Recycling Guide" Room 271, City Hall, San Francisco 94102.

Elsewhere, look in the Yellow Pages under "Recycling Centers" or "Building Materials—Used."

For general information call the Northern California Recycling Association, 524-8883, or write NCRA, P.O. Box 5581, Berkeley, CA 94705.

NCRA publishes a monthly bulletin on recycling available with memberships at \$25 per year and is planning a one-day workshop in September on how to organize community recycling programs.

BERNAL HEIGHTS LIBRARY

Bernal Branch Library, at Cortland and Andover, continues its Tuesday, 10:30 a.m. and Wednesday 7 p.m. preschool Storytime. Children 3-5 are invited. A pre-school film program will be offered three times in October: Oct. 2, 10:30 a.m. and Oct. 3 at 3 and 7 p.m.: "Angus Lost," "Dogs, Cats, Rabbits," and "The Remarkable Riderless Tricycle." Programs last about one half hour each.

A film program for children 6 and up is scheduled for Tues., Oct. 2 at 3:30 p.m. "Oh, Boy, Babies," "Smile for Auntie" and "What Mary Jo Shared"—about one hour.

Adult films: Oct. 3 at 7:30 p.m. "Women in Arms," about women's war efforts in World War II.

Wed., Oct. 17, at 7:30 p.m. "With Babies and Banners," about the active participation of women in organized labor in the 1930s.

Wed., Nov. 14 at 7:30 "The Life and Times of Rosie the Riveter."

On Wed., Nov. 21 at 12:30 p.m. (in the Bernal Hts. Neighborhood Center) "Bayanihan '68" to the Seniors group meeting there; deals with Filipino culture and arts.

On Oct. 10 Richard Held will give a talk on "Demystifying Oriental Medicine" at 7 p.m.

Experience keeps a dear school, but fools will learn in no other.

Benjamin Franklin

FREE Insulation

P.G.& E. bills got you down? You can reduce your monthly bill by 30% if you insulate your apartment or house. The Economic Opportunity Council of San Francisco will do this work, free of charge, for low-income San Francisco residents.

Also, if you are a landlord renting to low-income tenants who pay their own heating bills, call to find out how you can get your property insulated for free if you are eligible. 641-1821, Monday through Friday, 8-11:30 a.m. Renters are encouraged to apply.

PROGRAMA DE INSULACION GRATIS PARA SU CASA

Lo que paga de P.G.& E. puede ser reducido en un 30% si usted insula su casa o apartamento. EOC (Economic Opportunity Council) puede hacerle este trabajo gratis, si usted tiene bajos ingresos económicos y reside en San Francisco.

Tambien si es dueño de casa y sus inquilinos son de bajos recursos económicos. Llame y pregunte como puede insular su casa gratis. Tel. 641-1821, lunes a viernes, 8-11:30 a.m.

FREE CONFLICT RESOLUTION TRAINING

For Bernal Heights Residents Who Join Community Boards



Community Boards is a dispute resolution program serving 22 San Francisco neighborhoods. We've been in Bernal since 1977, and we really make a difference by helping neighbors with common City conflicts, from landlord/tenant difficulties to noisy pets.

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- MAKE NEW FRIENDS
- LEARN VALUABLE SKILLS
- GET INVOLVED IN BERNAL HEIGHTS

26 HOUR TRAINING SESSION STARTS SATURDAY, OCT. 13

INTRODUCTORY SESSION WEDNESDAY, OCT. 3, 7:30 PM

For more information, call Bernal Heights Community Board, 821-6590.

Neighborhood Center Celebrates Anniversary

Bernal Heights Neighborhood Center will celebrate its second anniversary at a community-wide open house party on Saturday, October 27, noon - 5 p.m.

The Center provides many valuable services to the community: a senior lunch and activities program, a youth employment program, support for the youth council, classes and meeting space for community groups such as the Bernal Journal.

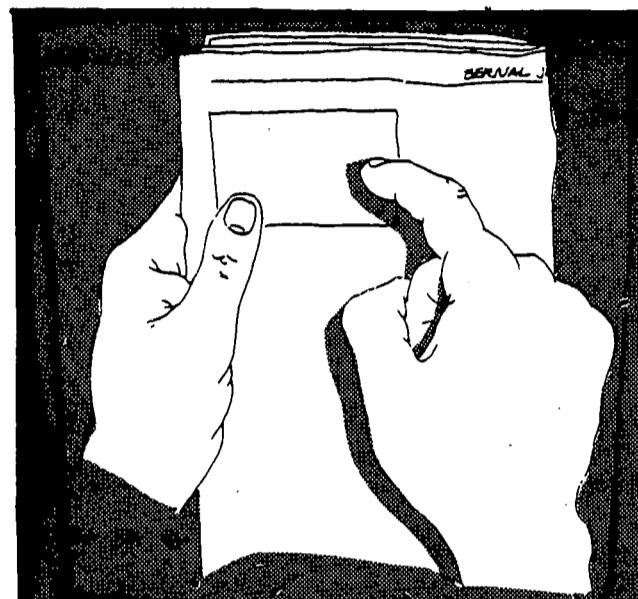
Over the past two years many people have volunteered their time, love, hard work and commitment to help make the center a vital and thriving part of our community. Those volunteers will be honored at the open house for the roles they have played in the center.

Great food and drinks and entertainment -- all FREE to residents of the Bernal Heights community. A raffle will be held to support the ongoing work of the Center. Prizes will be a 19-inch color T.V., a ten-speed bike, a trip

procrastination is the art of keeping up with yesterday
Donald Robert Perry Marquis

OCTOBER OPEN HOUSE

for two to Reno, a case of champagne, a vacuum cleaner, groceries and 25 other great surprises. Raffle tickets are \$1 each or 12/\$10 and are available at the Center. Mark your calendar now!



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Bernal Journal**

Your Neighborhood Center sponsors a free class in aerobics, at the Bernal Gym, on Tuesday and Thursday at 6 p.m., and Saturday at noon. Show up, with a mat or towel, at any of those classes and Valerie will lead you through a thorough workout.

Larry Peoples, of Park and Rec, is taking names for a women's weightlifting class. Leave your name and phone with him at 285-6252. As soon as there are enough women for a class, he will let you know.

Free classes in English: As soon as 25 people have signed up, free classes on Monday and Tuesday at 6:30 p.m. will commence at the Neighborhood Center, 515 Cortland. 648-0330.

Clases de Ingles - Gratis!!!

Tan pronto como estén registrados 25 personas. Serán en el Bernal Heights Neighborhood Center, 515 Avenida Cortland. Tel. 648-0330. Registrese y aprenda inglés.

BLOCK CLUBS: Put it in the Journal. If you have meetings or other activities scheduled, leave it in writing at the Community Center.

Bernal Heights Neighborhood Center
515 Cortland Ave.

• SENIOR NUTRITION Program • WEIGHT-LIFTING CLASS
 • ENGLISH - SECOND LANGUAGE • BERNAL JOURNAL
 • GIRL SCOUTS • AEROBIC CLASSES
 • A.A. - N.A. • U.S. POSTAL EXAMINATION TRAINING
 • BREAK DANCE CLASS • HEADSTART • FIELD TRIPS
 • YOUTH EMPLOYMENT • ENGLISH CLASSES
 • RENTAL OF SPACE FOR PRIVATE EVENTS
 • YOUTH LEADERSHIP TRAINING DEVELOPMENT

A decorative graphic element featuring stylized birds in flight, sunburst patterns, and a central banner containing the text "BERNAL HEIGHTS NEIGHBORHOOD CENTER" and "515 CORTLAND AVE." The entire graphic is enclosed in a decorative border.

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648-0330